



NUTRITION per serving 41g carbohydrates 35g fat 43g protein 905mg sodium



Calories
661



Prep & Cook Time
35-45 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

10 oz. Fingerling Potatoes
6 oz. Green Beans
1 Shallot
½ oz. Walnut Halves
2 Boneless Skinless Chicken Breasts
4 fl. oz. Light Cream
2 tsp. Chicken Demi-Glace

CONTAINS: milk, tree nuts (walnuts)
*Packaged in a facility that also packages
peanut, tree nut, wheat, egg, soy, milk,
fish, and shellfish ingredients*

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Medium Non-Stick Pan

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Roasted Chicken with Walnut Cream and green beans and roasted fingerlings

BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **450 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ❑ **Heads Up!** Shallot is used twice. **Shallot rings** are cooked with **green beans**, and **minced shallots** are added to **sauce**.

FROM THE CHEF

Be sure the sauce does not boil. Boiling the sauce may cause it to break.

Did you know...

Walnuts have been around a long, long time; dating back to 7,000 B.C., they are man's oldest tree food. In the past, some believed walnuts to be "brain food" because of their resemblance to, well, brains. Now we know, thanks to their Omega-3, that walnuts actually are brain food!



1

Prepare the Ingredients

Halve **potatoes** lengthwise. Trim ends off **green beans**. Peel and halve **shallot**. Slice one half into thin rounds and mince the other half. Finely chop **walnuts**. Pat **chicken breasts** dry, and season both sides with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**.



2

Roast the Potatoes

Place **potatoes** on prepared baking sheet and toss with 2 tsp. **olive oil** and $\frac{1}{4}$ tsp. **salt**. Spread into a single layer and roast 10 minutes. Remove from oven. *Potatoes will finish cooking in a later step.* While potatoes roast, cook chicken.



3

Cook the Chicken

Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **chicken** to hot pan and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-8 minutes per side. Remove chicken to a plate and tent with foil. Reserve pan; no need to wipe clean.



4

Roast the Green Beans

Add **green beans** and **shallot rings** to baking sheet and carefully toss with **potatoes**. Spread into a single layer and roast until shallot rings are aromatic and potatoes are browned, 10-15 minutes. While vegetables roast, make sauce.



5

Make the Sauce

Return pan used to cook chicken to medium heat. Add **minced shallot** and **walnuts** to hot pan and cook until aromatic, 1-2 minutes. Add **cream** and **demi-glace**, and cook until thick enough to coat the back of a spoon, 1-2 minutes. Remove from burner.



6

Finish the Dish

Place **vegetables** on a plate. Serve **sauce** on plate and top sauce with **chicken**.